

DEEP State Parks Lifeguard Seasonal Position

Purpose of Position: Accountable for performing a full range of lifeguard services at the State of Connecticut Department of Energy & Environmental Protection State Parks.

Supervision Received: Works under the supervision of designated permanent employees (including the Park & Recreation Supervisor and the Water Safety Coordinator), and under designated seasonal supervisors (Lifeguard Supervisors and Beach Directors).

Examples of Duties: Monitors activities in swimming areas to prevent accidents and provide assistance to swimmers at State Park Waterfronts; cautions swimmers regarding unsafe areas; maintains order in swimming areas; rescues swimmers in danger of drowning and administers first aid and/or cardiopulmonary resuscitation as required; instructs patrons in water safety; participates in physical and rescue skills training; performs general maintenance tasks, including beach cleaning, as assigned; performs related duties as required.

Minimum Qualifications Required Knowledge, Skill and Ability: American Red Cross Lifeguarding certification which includes CPR for the Professional Rescuer, and Basic First Aid. An EMT or MRT certificate may be substituted for the CPR and First Aid Requirements. Those applicants who already possess American Red Cross Waterfront Lifeguarding are preferred.

Special Requirements: Must be at least 16 years old.

Physical Requirements: Candidates must successfully demonstrate the following:

1. Swim 550 yards continuously in a prone position demonstrating breath control and rhythmic breathing. Swimming on the back is not allowed. Swim goggles are allowed.
2. Tread water for 2 minutes using only the legs. Candidates should place their hands under the armpits.
3. Complete a timed event within 1 minute, 40 seconds.
 - Starting in the water, swim 20 yards using front crawl or breaststroke. The face may be in or out of the water. Swim goggles are not allowed.
 - Surface dive, feet-first or head-first, to a depth of 7 to 10 feet to retrieve a 10-pound object.
 - Return to the surface and swim 20 yards to return to the starting point with both hands holding the object and keeping the face at or near the surface so they are able to get a breath. Candidates should not swim the distance under water.
 - Exit the water without using a ladder or steps.
4. Swim 5 yards, submerge and retrieve three dive rings placed 5 yards apart in 4 to 7 feet of water, resurface, and swim 5 yards to the side of the pool.

Restriction: Must be able to meet the Physical Requirements.

Compensation Guidelines: Salary range is \$9.60-\$14 per hour. Standard workweek is 40 hours, which includes mandatory holidays and weekends.